



OUR PEDIATRIC PROGRAM

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We work with pediatric patients, aged 6-13, with Anorexia Nervosa (AN), Bulimia Nervosa (BN), Avoidant/Restrictive Food Intake Disorder (ARFID), and Other Specified Feeding or Eating Disorder (OSFED). Each individual receives a comprehensive evaluation that determines their individualized treatment plan.

TREATMENT APPROACH

In the pediatric program, we recognize that each child who comes into our care has unique needs and symptomatology, and we treat them as such. Our clinicians are trained in providing Evidenced Based Treatments such as CBT, DBT, ERP, and FBT in order to equip our patients with coping skills from a young age. We believe that families are a vital component in supporting youth experiencing eating disorders and comorbid mental health symptoms, therefore we empower parents and treat them as an integral part to their child's recovery.

TREATMENT PROGRAMS

Partial Hospitalization Program (PHP) - 6 Hour PHP Includes:

- + 2 meals and 2 snacks per day
- + 3 therapy groups per day
- + Minimum of 1 hour/week individual therapy
- + 1 hour/week of family therapy
- + Weekly appointments with a psychiatrist
- + Initial consultation with dietician and sessions throughout treatment as needed with patient and/or family
- + Weight and vital signs obtained 3 times/week
- + Full 6 hour day of multi-family treatment weekly

Intensive Outpatient Program

- + 1-2 meals and 1 snack per day
- + 1-2 therapy groups per day
- + 1 hour/week individual therapy
- + 1 hour/week of family therapy
- + Minimum of 1 appointment/monthly with a psychiatrist
- + Weight and vital signs obtained 1 time/weekly
- + Half day (3 hours) of multi-family treatment weekly

UC SAN DIEGO HEALTH EATING DISORDERS CENTER

Contact us today for a free assessment, to schedule a talk for your clinic or school, and/or to learn more about our services and programs.



eatingdisorders.ucsd.edu



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GROUPS

CBT | Cognitive Behavioral Therapy (CBT) is a treatment modality we provide to patients that is centered around the cognitive model. Patients utilize CBT to build awareness around their automatic thoughts or cognitions. This group allows patients to better understand how thoughts, emotions and behaviors are all connected and impact each other.

ACT | Acceptance and Commitment Therapy (ACT) is an approach that teaches patients how to accept uncomfortable feelings and not attach their entire emotional experience to them. If we think of feelings as leaves on a stream, ACT teaches us to watch those leaves float by without judgment. ACT also focuses on values-based behaviors and decision making.

GIFT | Gastrointestinal Focused Therapy (GIFT) teaches patients all about their digestive tract and familiarizes them with sensations they may not be able to describe otherwise. It uses interoceptive exposures as a part of the curriculum; eliciting the feelings associated with GI distress (which many patients experience in the refeeding process) and helping patients learn to cope with those feelings.

DBT | Dialectical Behavior Therapy (DBT) is a modality we use with both caregivers and children to encourage a more effective way of coping with the eating disorder at home. DBT is a mindfulness based treatment that teaches patients and families skills for distress tolerance, emotion regulation, and interpersonal effectiveness.

DOVE | Dove Self-Esteem and Body Image is a pop-out group we provide for patient's farther along in recovery as they are better able to conceptualize and critically think about concepts presented in this group. This group allows patients to talk about self-esteem and body image within the framework of Dove's 5 Lessons: Appearance Ideals, Media Messages, Comparisons, Banish Body Talk, and Be the Change.

MULTIFAMILY | Multifamily therapy groups are held weekly to provide families with an opportunity to process treatment and learn effective ways to navigate parenting a child with an eating disorder. Groups provided are as follows: Dialectical Behavior Therapy (DBT), Parent Management Training (PMT), Nutrition Education, Process Group, and Multifamily Activity to provide families with an interactive opportunity to gain insight into their child's eating disorder.

Exposure and Response Prevention Therapy

Our clinicians are specially trained in providing Exposure and Response Prevention (ERP) Therapy. ERP is a behavioral therapy that gradually exposes people to situations designed to provoke a person's phobias or obsessions in a safe environment. ERP is an evidence based approach and one of the most effective treatments in treating patients with OCD, ARFID, and other anxiety disorders. By exposing a patient to a feared stimuli, they can learn to cope with the situation so that when it presents itself in real-life they feel prepared to tolerate the distress associated.

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